







# September 2018



## St. Mary's Court Program Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>September is:</b> <i>National Sewing Month</i> <i>Piano &amp; Classical Music Month</i> <i>Healthy Aging Month</i> <i>National Jazz Month</i> <i>Hispanic Heritage Month</i> <i>Yoga Awareness Month</i>	<b>1</b> 
<b>2</b> <b>4:30 Rummikub</b> <b>7:30 Movie Night</b>	<b>3 LABOR DAY</b> 11:00 Yoga w/ Don <b>3-5 Labor Day Dinner</b> <b>7:30 Movie</b>	<b>4</b> 11:30 Exercise w/ Walter <b>1:00 Sign-up for Trips</b> 7:00 Glee Club & Guitar Group	<b>5</b> 11:00 Yoga w/ Don	<b>6</b> <b>11:00 Shopping @ Safeway</b> <b>3:00 Food Committee</b>	<b>7</b> 11:30 Exercise w/ Walter	<b>8</b> 
<b>9 Rosh Hashanah</b> <b>1:00 Tea Talk w/ DPE</b> <b>4:30 Rummikub</b> <b>7:30 Movie Night</b>	<b>10</b> <b>10:30 Shopping @ Aldi</b> 11:00 Yoga w/ Don <b>2:00 Arts &amp; Crafts w/ Joan</b>	<b>11</b> 11:30 Exercise w/ Walter 2:00 Jewelry, Cards & Stamps Store 7:00 Glee Club & Guitar Group	<b>12</b> 11:00 Yoga w/ Don <b>3:00 Holy Eucharist w/ Fr. Bernard</b>	<b>13</b> <b>10:30 Trip to Amish Market</b> <b>3:30 Mass w/ Fr. Tom</b>	<b>14</b> <b>11:00 Food Stamps Assistance</b> 11:30 Exercise w/ Walter <b>12:00 Piano Music w/ Harriet Jachles</b>	<b>15</b> <b>10-1 Apt Clean-up Day</b>
<b>16</b> <b>4:30 Rummikub</b> <b>7:30 Movie Night</b>	<b>17</b> <b>10:30 Shopping @ Walmart</b> 11:00 Yoga w/ Don	<b>18</b> 11:30 Exercise w/ Walter <b>1:00 Blood Pressure Clinic</b> 2:00 Jewelry, Cards & Stamps 7:00 Glee Club & Guitar Group	<b>19</b> 11:00 Yoga w/ Don	<b>20</b> <b>11:00 Shopping @ Safeway</b>	<b>21 U.N. Day of Peace</b> <b>9:30-11:30 DCOA Falls Prevention Awareness</b> 11:30 Exercise w/ Walter <b>4:30-6:30 Hispanic Heritage Dinner</b> <b>7:30 Ageless Films</b>	<b>22 AUTUMN BEGINS</b> <b>11-1 Manicure Day w/ ESA</b>
<b>23</b> <b>4:30 Rummikub</b> <b>7:30 Movie Night</b>	<b>24 FULL MOON</b> 11:00 Yoga w/ Don <b>2:00 Arts &amp; Crafts w/ Joan</b> <b>3:00 Resident-Management Forum</b>	<b>25</b> 11:30 Exercise w/ Walter <b>1:00 Blood Pressure Clinic</b> 2:00 Jewelry, Cards & Stamps 7:00 Glee Club & Guitar Group	<b>26</b> 11:00 Yoga w/ Don 	<b>27</b> <b>1-3 Flu Shot Clinic</b> <b>1:00 Blood Pressure Clinic w/ RN</b>	<b>28</b> 11:30 Exercise w/ Walter	<b>29</b> <b>6:30 Bingo w/ ESA</b>

**DRAWING FOR TRIP SIGN-UPS BEGINS DOWNSTAIRS AT 1:00PM ON TUESDAY, SEPTEMBER 4, 2018**